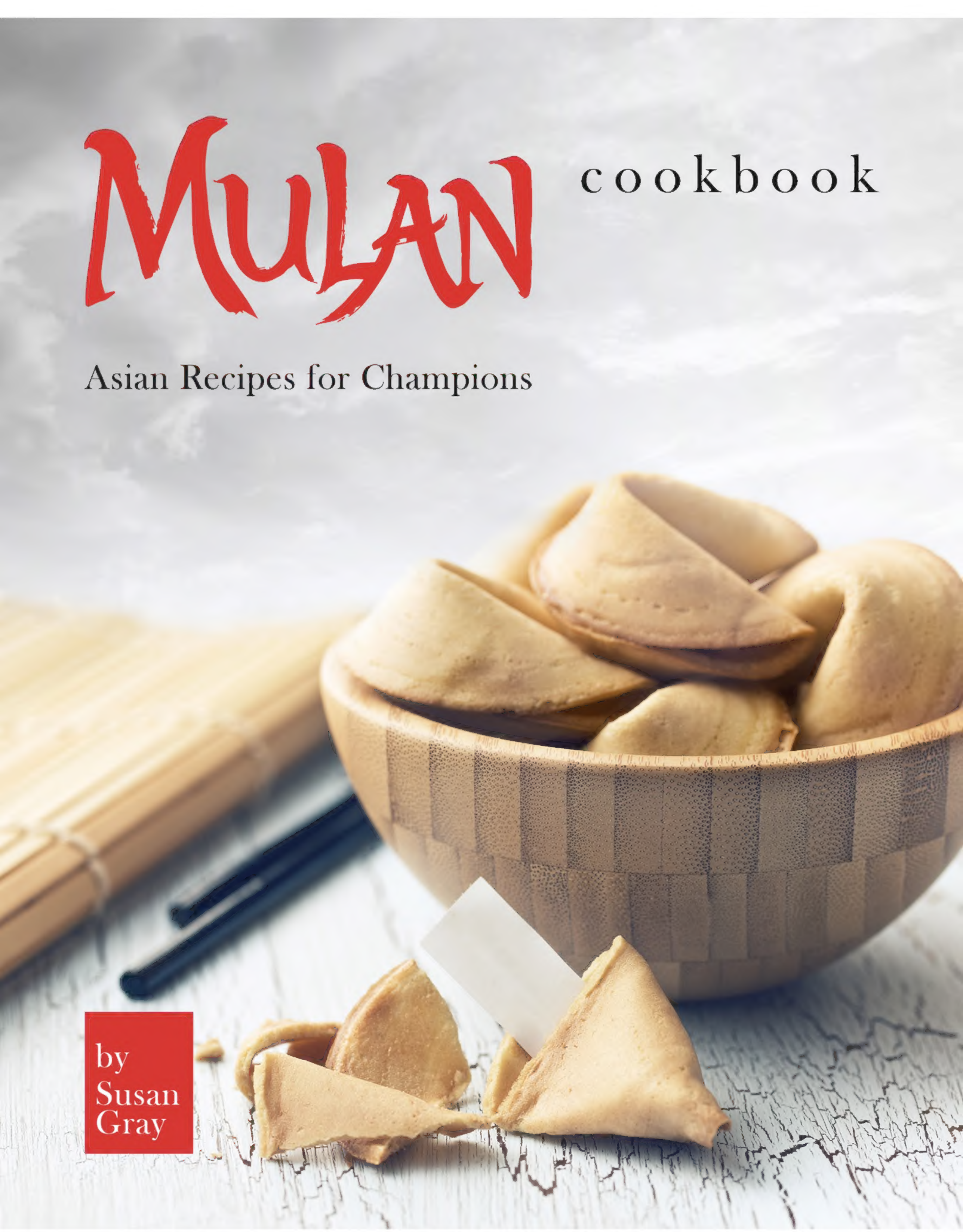
MULAN cookbook

Asian Recipes for Champions



by Susan Gray

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Introduction

What will you do for your family?

It takes guts to defile the order of the emperor to keep the honor of your family. That is exactly what Mulan did. This is a frail girl that knew nothing about the innards of the army becomes a decorated war hero that changed the face of the Kingdom. All that was not on an empty stomach, we also get to experience the rich culture, simple food, fresh, and cooked with love. If you are ready, we have all the way to 30 recipes. We won't wait up; try to catch up like Mulan.

1. Coconut Milk Steam Buns, anyone

This delicious staple is a key food in the Orients, and although it is made with flour, it is super healthy.

Cooking time 120 minutes

Serves 6

Ingredients

- 350 grams APF
- 1 sachet active dry yeast
- 170 grams of coconut milk
- A pinch of salt

Method

Proof the yeast with warm coconut milk until it is frothy.

Add the flour until a smooth dough is formed.

Knead and allow it to proof.

Knock the air out and shape it into a log.

Cut into large rectangles and arrange in a bamboo steamer.
Cook until it is fluffy and bounces back when touched.
Serve.

2. Shang Healthy Salad

Discipline and strength aren't the only things that give him the firm body, you know. A bowl of salad is also part of it.

Serves 2

Cook time 20 minutes

Ingredients

- 2 cups Chinese cabbage julienne
- 1 yellow & red pepper julienne
- 1 large carrot julienne
- 8 to 10 pork crackling
- 100 grams of pre-cooked chicken breast cut in strips

Sauce

- I inch ginger

- 1 tsp garlic
- Soy Sauce
- 1 tsp sesame oil
- ¼ chili
- ¼ cup of water

Method

In a sauce pan, heat the ingredients for the sauce and set aside.

Put the salad Ingredients in a bowl.

Pour the Sauce over it the salad, toss and serve.

3. Mushu Mongolian Chicken

Now, that is what I call Mongolian BBQ. So, the Hun bird got roasted by Mushu flames.

Serve 5

Cook time 25 minutes

Ingredients

- 500 grams of boneless chicken sliced and marinated 1 tbsp cornflour, soy **Sauce** , chili, and dry sherry
- 60ml sesame oil
- 1 tsp fresh ginger and garlic
- 1 large pepper and carrot thinly sliced
- 1 tbsp scallion and toasted sesame seeds

Sauce

- 120 ml of water and soy Sauce
- 1 tbsp spoon corn starch

- 1 tsp sesame oil and dried pepper flakes
- 6 tbsp brown sugar

Method

Mix the Sauce Ingredients and set aside.

Heat a little oil and fry the chicken slices until brown.

Reduce the quantity and sauté the ginger, garlic, pepper, carrots, and scallions.

Pour in the Sauce, add the chicken, and cook for 10 minutes.

Sprinkle the sesame seeds and scallions.

Serve.

4. The Matchmakers Fortune Cookie

Perhaps a fortune cookie would have told the matchmaker that Mulan doesn't need to get married just yet.

Makes a lot

Cook time 20 minutes

Ingredients

- 2 cups APF
- 1 tbsp cornflour
- 1 cup unsalted butter
- 1 tsp salt
- 240 ml of water
- 6 large egg whites
- 1 ½ fine white sugar
- Extract of choice

Method

Set fortune strips and lined baking tray aside.

Beat eggs, sugar on high then add the melted butter, extracts, and water while beating in low.

Gently add the dry ingredients until a smooth batter is formed.

Spread small circles on the lined baking tray and bake.

When the edges are brown, place the strip, fold into a semi-circle before folding like a bean.

Repeat for all until it is done.

5. Mushu Pot Sticker Pan-Fried Dumplings

Mulan is regretting leaving home while Mushu tries to roast a dumpling over the fire in the freezing mountains.

Cook time 60 minutes

Serves 4

Ingredients

- 1 cup soften and chopped shitake mushrooms
- 2 cup softens and julienned cabbage
- Store-bought dumpling wrapper
- ½ tsp fresh garlic and ginger
- ¼ tsp fresh red chili
- 2 tbsp oyster Sauce
- 1 tbsp soy Sauce
- 2 tbsp sesame oil
- 250 grams half fatty pork and beef ground meat

Method

Mix all the ingredients for the filling in a bowl.

Take the wrapper and spoon the filling fold by squeezing the edge.
Put the sesame oil and add the dumplings to fry.
Add a little water and cover well to steam for 7 to 10 minutes.
Serve with honey sesame sauce.

6. Roasted Whole Duck

They finally arrived at the village burned down by the Huns. The burning wood and charcoal are the inspiration for this recipe.

Serve 8

Cook time 3 hr. 30 minutes

Ingredients

- 1 large whole duck, cleaned
- Salt
- Honey sesame Sauce
- Hoisin Sauce
- Scallion

Method

Place the duck in boiling water to tighten the skin.

Prick the skin with a metal skewer, it will help the render the fat and allow the marinade to penetrate the flesh.

Season the duck and rub generously with the **Sauce** .

Cover for 30 to 45 minutes.

Place in the oven for 180 minutes.

Allow the duck to rest before slicing.

7. Training Day Pan –Fried Noodle

It is training day and the soldiers think it is a joke. Guess it is time to make a man out of them.

Serve 4

Cooking time 20 minutes

Ingredients

- ¼ cup chopped celery
- 1 large red pepper chopped
- 1 large carrot chopped
- 1 cup chopped shitake mushroom
- ½ cup green onion
- 300 grams of fresh egg noodles
- 2 tbsp sesame seed oil
- 1 tbsp soy Sauce
- 2 cloves of garlic crushed
- 250 grams of pre-cooked chicken

Method

Add oil in a wok and cook garlic, carrots, peppers, and celery until softened.

Add the chicken and mushroom for 1 minute or 2 until soften.

Remove them from the pan and fry the noodles.

Add the veggies and sauces with onions to the pan.

Season adequately and serve warm.

8. Mulan's Soy Bean Pudding

Against the snowy background, this should keep her warm until she can warn her captain that Shang Yu is alive.

Serve 4

Cooking time 15 minutes

Ingredients

- 1000 ml of homemade soy milk
- 120 ml of water
- 7 grams of agar-agar
- 1 vanilla bean

For the syrup

- ½ cup light brown sugar
- 200 ml of water
- ½ tbsp ginger

Method s

Bring the soil milk to a boil; keep stirring to avoid burning on a low heat.

In a saucepan, boil the water and dissolve the agar-agar and vanilla bean.

Add the boiled milk to the agar mixture and stir, strain to remove any particle for a smooth texture.

Pour into small plastic molds and place in a refrigerator to firm up.

In a smaller pan, make the syrup, add the ingredients and allow it to boil.

Pour into a bowl, take o mold of the firm soybean pudding into the syrup and **Serve** .

9. Fish Fried Veggie Rice

As they walked by the rice paddies, we had to appreciate the farmers with a little fried rice of our own.

Serves 6

Cook time 25 minutes

Ingredients

- 6 cups pre-cooked rice
- 1 cup carrot, peas, chopped peppers
- ½ onions chopped
- 1 red chili
- 2 tbsp oil
- 1 tsp ginger and garlic
- 2 cup cubed steamed fried fish
- 2 tsp soy Sauce and oyster Sauce
- Chopped scallions

Method

Place the oil in a wok, add the ginger, garlic, and chili, cook for a minute.
Add the veggies, then chicken and sauces.
Stir and fry for 2 to 5 minutes.
Pour the rice, lower the heat and cook for 5 to 7 minutes.
Sprinkle with scallions and serve.

10. Mulan Sweet and spicy Chicken

Mulan is a sweet girl with a strong personality, like this simple, yet delicious recipe.

Serves 4

Cook time 40 minutes

Ingredients

- 8 chicken legs – hips and thighs bone-in
- ½ cup of honey sesame **Sauce**
- 1 tsp fresh garlic, chili, and ginger
- 1 tbsp white sesame seed
- 2 tbsp oil
- ½ cup of chicken stock
- Salt pepper

Method

Season chicken with salt and pepper.

Add oil to the crockpot, arrange the pieces and brown them evenly.
Add the garlic, peppers and honey sesame sauce and chicken stock.
Lower the heat and allow it to cook until tender.
Serve, sprinkle with sesame seed and scallions.

11. Chien Po Tempura Fried Fish

As they walk through the waters, a fish jumps out, and he catches one. We cannot allow it to go to waste.

Serves 4

Cook time 30 minutes

Ingredients

- 1 kg red snapper filets
- Already made tempura batter
- 1 tsp minced ginger, garlic, and chili
- ½ cup cornstarch
- Salt
- Oil for frying

Method

Season fish and dust in cornstarch.

Place in the batter and fry them until golden brown.
In a pan, sauté the ginger, garlic, or chili until fragrant.
Add the fish and toss it.
Serve.

12. Spicy crunchy pig ears strips

Mushu mistakenly breaks the ears of the great dragon. He is in trouble, but we will enjoy this delicious homemade recipe.

Serve 6

Cook time 4 hours

Ingredients

- 1kg of cleaned grass-fed pig ears
- 1 tbsp fresh minced garlic
- 1 tbsp fresh grated ginger
- ½ head of garlic
- 2 inches of chopped ginger
- Salt
- ½ tbsp finely chopped chili
- 1 tbsp soy Sauce
- Oil for frying

Method

Place the cleaned pork ears in a large pot; add the head of garlic, chopped ginger, and salt

Cook until soft

Drain the water, cut ears into strips

Season with minced garlic, ginger, chili (part of it)

Heat the oil and fry until crisp

In a small pan, fry the leftover garlic, ginger, and chili with soy, toss the ears in and serve.

13. Feel Good Chicken Soup

Just because I look like a man doesn't mean I should smell like one – and she takes a dip into the pond.

Serves 6

Cook time 30 minutes

Ingredients

- 1 lemongrass, crushed and chopped
- 1 ginger knob
- 2 cloves of garlic
- 1 tbsp chicken fat
- 250 grams of chicken breast cubes
- 1 large carrot chopped
- 1 celery stick chopped
- 1 green and red chili chopped
- Soy Sauce
- Cilantro and spring onions

Method

In a stockpot, add a bit of chicken fat, fry the chicken breast.

Add the spicy one after another until a rich fragrance develops about 2 minutes.

Add enough stock and allows it to simmer until the liquid is just beautiful.

Add the soy sauce and stir, leave for 2.

Serve with a sprinkle of chopped cilantro and spring onions.

14. Mushu Grilled Eel

Ah, something bit me. It was to keep Mulan's secret from the boys, but you will love this recipe.

Cook time 25 minutes

Serves 6

Ingredients

- Two medium-sized eels filleted
- 2 tbsp sake or rice wine
- ¼ cup of mirin
- 2 tbsp brown sugar
- 1 tsp ginger and garlic
- 1 chili
- 2 tbsp Soy Sauce

Method

Place the rice wine and mirin in a pan and boil off the alcohol smell.

Add the sugar, ginger, garlic, chili, and boil until sugar melts.

Add soy sauce and simmer until slightly thick.

Brush the eel filet and place on the grill, cook 3 – 6 minutes on each side, brushing at each flip.

Serve with sticky rice.

15. Simple Pork Veggie Spring Rolls

This should be part of dinner since Shang is staying, simple, crunchy, and delicious.

Serve 12

Cooking time 45 minutes

Ingredients

- 1 carrot chopped
- 1 shallot chopped
- 250 grams of ground pork meat
- 1 tsp soy Sauce
- 1 tsp minced ginger and garlic
- ½ tsp chili
- 1 tbsp cornstarch
- 2 dozen premade rice paper
- Oil for frying

Method

In a pan, add the oil and sauté the onions, carrot, ginger, garlic, and chili until fragrant.

Add the pork and stir fry until it is separated, add the soy sauce, corn starch, and salt.

Set aside to cool down.

Take a rice paper, scoop a spoonful in the middle and fold in the edges then roll, use flour paste to hold wrapper together.

Repeat until done and fry.

16. Never Give up Dumpling Dough

Mulan was almost kicked off boot camp because she couldn't keep up. She proved to Shang, she could bring the arrow down and had it at his tent step by morn.

Makes 70 dumplings

Cook time 5 hours

Ingredients

- 4 cups AFP
- 1 ¼ cups of water

Method s

Mix both and knead until the dough is formed and doesn't stick to the mixer.

Cover for 2 hours and knead again.

It should have a smooth texture after the next knead, the longer it rests, the finer the dumpling wrapper.

Patience is essential.

Cut a small dough and roll it out before filing it when making a dumpling.

17. Snowball Sticky Rice Cakes

The boys were about to throw snowballs at her when they saw the burnt village. The captain lost his dad too.

Cooking time 25 minutes

Serve 4

Ingredients

- 2 cups desiccated coconut
- 1 cup of coconut milk
- 15 ml canola oil
- 2 tbsp icing sugar
- 3 tbsp corn starch
- ½ cup and 1 tbsp gelatinous rice flour

Method

Mix all the ingredients except for the coconut flakes.

Pour into a bowl and place it into a bamboo steamer to cook. It will form a stretchy dough.

Scoop the cooked batter onto a clean countertop and knead to form a smooth dough.

Refrigerate it and form in small balls when cold.

Roll each ball in the coconut and Serve.

18. Flavor Town Base Sauce

Mulan was willing to dive into honoring her parents. This sauce is the base of all your Chinese stir-fry cooking.

Prep time 10 minutes

Makes 2 cups

Ingredients

- 1 tbsp crushed red chili with seeds
- ½ tbsp grated ginger
- 4 cloves minced garlic
- 1 cup light soy Sauce
- ½ cup mirin
- ½ light brown sugar
- ½ cup of water
- ¼ cup honey
- ½ tbsp sesame oil

- ½ tbsp white vinegar
- Spring onions

Method s

In a pot, add all the ingredients except the oil and onions.

Allow it to simmer until it starts to break bubbles.

Remove from heat, add the oil and stir well.

Add the onions and store, it Makes a great addition to stir-fries and dumplings.

19. Mulan Beef Bok Choy Stir fry

As they march over the hill towards camp, the soldiers sing and chant songs, while the cows munch on fresh grass.

Cook time 40 minutes

Serve 4

Ingredients

- 500 grams beef cut in strips marinated in flavor town Sauce
- 1 large red onion, yellow red pepper julienne
- 1 medium red chili, chopped
- 4 bok Choy, sliced in half
- ½ cup frying oil
- I cup cornstarch

Method

Remover the beef from the marinade and coat them with corn starch.

Place them I hot oil until crisp and golden brown.

Reduce the oil in the pan and add the onion and peppers to soften a bit.
Add the bok Choy to cook down too.
Add a tbsp of the marinade sauce into the veggies.
Add the beef, a little water, and cover to steam for 2 minutes.
Serve with rice.

20. Crispy Pork Belly

It is not a girl but this recipe is worth fighting for.

Serves 6

Cook time 60 minutes overnight marinating

Ingredients

Marinade

- ¼ cup of brown sugar, hoisin Sauce, soy Sauce, olive oil, rice wine,
- ½ tbsp Chinese five-spice, garlic and ginger with sea salt
- 1 kg of pork belly

Method

Mix Ingredients 1 2 and blend well.

Score the pork belly and pour over its hot water.

This firms it and allows the marinade to get into the meat.

Pour a portion in a large bowl, place the pork skin side, do not allow the marinade to touch the meaty part.

Keep overnight, roast in the oven for 45 minutes until crisp and done.

Warm leftover marinade and use as a Sauce.

21. Ming's Spicy and Sweet Sesame Sauce

Sauces are the base for all Chinese cooking, and this one is a must-have. It is great for chicken, beef, and even dumplings.

Prep time 10 minutes

Makes 1 cup

Ingredients

- 1 cup chicken stock
- 50 ml of honey
- 60 ml light soy Sauce
- 15 ml dark soy Sauce
- 30 ml cider vinegar or rice wine vinegar
- 1 tbsp red crushed chili
- 15 ml fresh minced garlic
- ¼ cup sesame oil
- 2 tbsp cornstarch and sesame seed

Method

Mix all in a large bowl and pour into a clean jar.

Refrigerate when you are not using.

22. Cold Noodles and Veggie

We are sure the soldiers will love something warm after walking long hours through the snow. This is a simple dish that warms the soul.

Serve 6

Cook time 20 minutes

Ingredients

- 1 pack noodles
- 1 large carrot and red bell pepper julienne
- 2 tbsp chunky peanut butter
- ¼ cup light soy Sauce
- 2 tbsp sesame oil
- ½ tsp mirin
- I tsp minced garlic, ginger, chili

Method

Cook the noodles as instructed on the packet.

In a pan, add the oil and fry the ginger, garlic, and chili.

Add the peanut butter and sauces.

Drain the noodles, add it to the pan, stir well and garnish with scallions.

It can be eaten cold or reheated too.

23. Sweet and Spicy Candied Sweet Potatoes

We think this very simple dish tells the story of Mulan's adventure. A little of both worlds, but it is definitely worth it.

Serves 4

Cooking time 25 minutes

Ingredients

- 750 grams of Sweet potatoes peeled and cubed
- 200 grams of sugar
- 1 tsp chili
- 1 tsp garlic and ginger
- Oil for frying

Method

Salt the potatoes and fry in the oil until crispy on the outside.

Allow the excess oil to drain off on a kitchen towel.

In a wok, add the spices and sugar, stir to melt.

Pour the fried potatoes to coat it, serve when done.

24. Chinese Sticky Rice

We had to start here, as Mulan gets ready to visit the matchmaker. She eats sticky rice and writes the answers on her hands.

Cook time 45 minutes

Serves 4

Ingredients

- 2 cups gelatinous rice
- Water

Method s

Soak rice in water for 6 to 24 hours until it is soft and swollen.

Line a bamboo steam pot with parchment paper and pour the drained rice.

Cover to cook for 30 to 40 minutes.

Eat alone or with chili ginger soy sauce.

25. Doughnut Reflection

She definitely did not bring her family honor with the matchmaker but she might be the last blossom. This doughnut stick is not your typical shape but delicious.

Serves 6

Cook time 60 minutes

Ingredients

- 4 cups bread flour
- 1 tsp yeast
- Oil for frying
- 1 tsp baking powder
- 1 tbsp pork fat
- 2 tbsp sugar

Method

Mix all the ingredients together until stretchy dough is form.

Cover in a warm place and allow it to proof.
Shape into sticks and proof again.
Fry in hot oil until golden brown.

26. Mulan Spicy Beefy Tofu

Something different and homemade, just like the girl herself.

Serve 4

Cooking time 15 minutes

Ingredients

- 250 grams of firm tofu cubed
- 1 cup of water
- 2 tbsp cornstarch
- 1 tsp garlic, ginger, and chili each
- 2 tbsp honey sesame Sauce
- 1 small shallot
- 150 gram of ground beef
- 1 tbsp oil
- Scallions

Method

Mix the tofu with the honey sesame Sauce for 30 minutes.
Add oil and sauté the spice and shallot.
Add the beef and stir well.
Add the tofu into the beef mixture to cook.
Add the marinade Sauce and water, cover until liquid is almost dried.
Serve with scallions.

27. Still on dinner, Egg Noodles

We are still preparing the feast for Mulan and Shang dinner with the family, egg noodle is a must.

Serves 4

Cook time 60 minutes

Ingredients

- 2 cups flour
- 3 large eggs
- ½ tsp salt
- 1 tbsp cold water

Method

Sift flour in a bowl and add salt and eggs in a mixer with the water.

Bring the flour together and then knead to smooth dough. Let it rest.

Using a roller, roll the dough until transparent thin then cut into strips. Boil immediately and serve.

28. Stay forever Jumbo King Prawns

Mulan finally comes back home and a man follows her. Do you want to stay for dinner? Or stay forever, says, grandma.

Serves 5

Cook time 25 minutes

Ingredients

- 1 tsp chili
- 1 small shallot
- 1 tbsp minced ginger
- 2 cloves of garlic
- ¼ cup oyster Sauce
- ½ cup of water
- 1 tbsp oil
- 8 jumbo prawns sliced in half with shells, cleaned

Method

In the oil sauté the chili, ginger, garlic, shallots
Add the prawns and oyster sauce, and stir well
Add the water and cover to cook for 5 minutes max
Serve and garnish

29. A Feast for China Braised Pork Belly

She not only honored her family and parents but was celebrated for saving china. At last, Mulan is honored.

Serves 4

Cooking time 75 minutes

Ingredients

- 2 kg pork belly cut in cubes
- 2 tbsp spoon tamarind paste
- ¼ cup dark soy Sauce
- ½ cup Huang jiu wine
- I tbsp garlic, ginger chili
- I inch ginger slices
- 2 tbsp palm sugar
- ½ cup of vegetable oil

Method

Boil the pork cube in water with ginger slices for 30 minutes.

Drain the water and rinse, this remove extra dirt and tightens the skin.

Add oil to a pan, add the pork and brown on all sides.

Add the spices and cook on the low.

Add the rock sugar and allow it to dissolve while coating the pieces to give a shiny glaze.

Add the remaining ingredients and add enough water to cook it until tender.

Cover the pot and allow it to cook until the liquid is almost dried.

Sprinkle sesame seeds and scallion.

30. Happily Ever After White Rice Sugar Cake

We love happily-ever-after and this was a good one. Everything, finally, fell into place, and it couldn't be any sweeter.

Cook time 50 minutes

Serves 8

Ingredients

- 150 grams of rice flours
- 1 ½ cup of water
- 2 tsp active dry yeast
- 1 cup of sugar
- 1 tsp oil

Method

Activate yeast with ½ cup of water and portion of the sugar until frothy.

In a bowl, dissolve the remaining sugar and water together, add the rice flour and make a paste.

Add the yeast mixture and combine well.

Set in a warm place.

Allow to bubble up.

Grease an 8-inch pan and pour the mixture into it.

Place in a bamboo steamer and cook until a wooden skewer comes out clean.

Allow it to cool down and use a spatula to loosen the edge, cut in triangles.

Conclusion

You will never bring your family honor, shouted the matchmaker.

Mulan brought more than an honor to her family. She found love, was decorated as a hero, and had the best journey of her life. These 30 recipes are all inspired by Mulan and are simple, delicious homemade recipes that bring families together.

Try the recipes out today; be bold, just like Mulan.

About the Author

Susan Gray is a restaurateur and writer born in Maui, Hawaii, and spent the first 18 years of her life there. Her first step in cooking was influenced by her mother who managed a catering company and involved her in lots of her cooking. That experience was the eye-opener for her.

When she left home for college, she worked briefly in the kitchen of a restaurant close to her college, where she was studying to have a degree in nutrition and dietetics at The Steinhardt School of Culture, Education, and Human Development. Her experiences at the restaurant, coupled with her degree laid the map before her.

She stayed in New York after her degree, where she met her husband. Together, they started their restaurant business, and it hit the roof. Susan, however, felt that there was more to do. She figured that she could help people discover and unlock the many tastes and experiences associated with cooking. She decided to write as much as she can to help people get the best out of their diet through food.

She has since been writing and publishing categories of recipes in a host of online and offline publications. And she is having absolute fun doing so.

Author's Afterthoughts

In the beginning, I wasn't quite sure if I should take the plunge and write this book. But I thought that there might be people out there who are looking for this sort of thing, and I would be failing them if I don't get down and get this thing out. See? You, my dear reader, made me do this. That's how much power you have.

I'm excited and humbled that you went for this book out of all the options available. It's nothing short of gratifying.

I would like to hear back from you. What do you think about this book? Please leave your comments as a review on Amazon. It would mean a whole lot to me.

Thank you for being so awesome.

Susan Gray